

PTSD

Diagnostic criteria for PTSD include a history of exposure to a traumatic event meeting two criteria: Criterion A: exposure to, witnessing, or being involved in a traumatic event; Criterion B: intrusive recollections, nightmares, flashbacks, or avoidant/numbing

Awareness Day

*The more we know about dealing with trauma and PTSD,
the more we can help others.*

The VA's National Center for PTSD needs your help to increase PTSD awareness.

- Visit www.ptsd.va.gov to learn more about trauma and PTSD. Special postings will be made each week throughout June.
- Print educational materials from the site to hand out.
- Stay up-to-date throughout the year on the latest developments in PTSD treatment and research. Sign up for our PTSD Monthly Update on our site.



www.ptsd.va.gov



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injury, or a threat to the physical integrity of oneself or others. The person's response involved intense fear, helplessness, or horror. Note: in children, it may be expressed instead by disorganized or agitated behavior. Criterion B: intrusive recollection The traumatic event is persistently re-experienced in at least one of the following ways: Recurrent and intrusive distressing recollections of the event, including images, thoughts, or perceptions. Note: in young children, repetitive play may occur in which themes or aspects of the trauma are expressed. Recurrent distressing dreams of the event. Note: in children, there may be frightening dreams without recognizable content. Acting or feeling as if the traumatic event were recurring (includes a sense of reliving the experience, illusions, hallucinations, and dissociative flashback episodes, including those that occur upon awakening or when intoxicated). Note: in children, trauma-specific reenactment may occur. Intense psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event. Criterion C: avoidant/numbing Persistent avoidance of stimuli associated with the trauma and numbing of general responsiveness (not present before the trauma), as indicated by at least three of the following: Efforts to avoid thoughts, feelings, or conversations associated with the trauma. Efforts to avoid activities, places, or people that arouse recollections of the trauma. Inability to recall an important aspect of the trauma. Markedly diminished interest or participation in significant activities. Feeling of detachment or estrangement from others. Restricted range of affect (e.g., unable to have loving feelings). Sense of foreshortened future (e.g., does not expect to have a career, marriage, children, or a normal life span). Criterion D: hyper-arousal Persistent symptoms of increasing arousal (not present before the trauma), indicated by at least two of the following: Difficulty falling or staying asleep. Irritability or outbursts of anger. Difficulty concentrating. Exaggerated startle response. Criterion E: duration The disturbance (in B, C, and D) is more than one month. Criterion F: functional significance The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning. Specify if: Acute: if of symptoms less than three months. Chronic: if of symptoms more than three months. Specify if: With or Without delayed onset: if symptoms at least six months after the stressor.